

**Sports Elective II**

<b>Course Title</b>	Sports Elective II		
<b>Course Code</b>	GEN236	<b>Course Type</b>	Free Elective
<b>Credit</b>	2	<b>Contact Hours</b>	30
<b>Prerequisites</b>	None	<b>Co-Requisites</b>	None
<b>Duration</b>	15 weeks	<b>Class Type</b>	Gymnasium

SolBridge GACCS Objectives	%	Learning Objectives
1. Global Perspective	25	1. Introduce to the concepts of swimming. Students will learn the basics of how can people swim and what are the skills of swimming.
2. Asian Expertise	20	
3. Creative Management Mind	40	
4. Cross Cultural Communication	5	
5. Social Responsibility	10	

**Course Description**

This course is designed for students who want to develop skills and abilities in a popular sport. Focus will be on building skills training, cardio-vascular testing, plyometric, and correct game play drill in a slow to intermediate setting.

The course may have other Sport related activities, as decided by the instructor.

**Learning and Teaching Structure**

The instructor of Coursera will take charge of the assessment of this course. The coordinator will apply SolBridge Grading Allocation system to give grades to students based on their scores from Course.

Assessment	%	Text and Materials
Attendance	40	No required textbook
Attitude in class	20	
Final Examination	40	

**Course content by Week**

1	Introduction/Orientation
2	Acquiring Water/ Breathing (um/pa)
3	Free Style kick (using kick board), Free Style pull (using helper)
4	Free Style Combination (Catch → Push → Recovery → Entry)
5	Back Stroke (floating on the water)
6	Back Stroke (Pull)
7	Back Stroke Combination (Catch → Push → Recovery → Entry)
8	Breast Stroke (Pull)
9	Breast Stroke (Kick)
10	Breast Stroke Combination
11	Start
12	Butterfly (Dolphin Kick) –glide
13	Butterfly (Pull)
14	Interval Training
15	Final Examination